

READY...SET...SWEAT!

BUILD A STRONG CORE & BACK



JOIN THE AWESOME RIDE
TO GREAT MUSIC on
Tuesday @ 1105 am

BUILD MUSCLE DEFINITION in your legs and core.
Spinning works your glutes, quads & hamstrings
along with your core—stabilizing your body during the ride.

BURN UP to 500 CALORIES
in this 40-45 minute class.

For more info contact
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